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# GET OUT AND...

## The federal election is upon us

**Ready to engage** Time for Canadians to have their say. Coverage, pages 3, 4, 6, 7 & 10

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Naming rights to a new moth for sale on eBay.

# 5 THINGS TO BE DISCUSSED AT CITY HALL THIS WEEK

All eyes might be on Monday night's federal election this week, but there's a lot happening in the realm of municipal politics. At City Hall, councillors and city staff will be discussing key health and transit-related files, including immunizations of 150,000 school children and OC Transpo route changes happening this winter.

**Haley Ritchie**
Metro | Ottawa

## 1 Immunization

On Monday Ottawa Public Health will be reporting numbers from their drive to update immunization records for Ottawa's 150,000 school-aged children. Public Health says they don't have updated records for 1 in 3 students, and parents don't seem to realize it's necessary. The organization is suggesting "catch-up" clinics for those behind on vaccines and continuing to remind parents to submit info.

## 4 Dental health

Ottawa Public Health is asking council to approve five new full-time positions at the Wabano Centre for Aboriginal Health. The positions would be provincially funded and would ensure better dental services for Ottawa's urban aboriginal population.

ALL IMAGES: GOOGLE

## 2 Cancelled buses

OC Transpo users may have good reason to be frustrated with the service, according to an audit that looks at how the company communicated cancelled buses and service interruptions. The audit recommends that keeping bus users in the loop needs immediate work: That includes more monitoring, and ensuring text and emails alerts are timely.

## 3 Ottawa Public Health budget

OPH says it's projecting to break even at the end of the fiscal year. Public Health will detail the costs of new initiatives, including "Healthy Smiles Ontario" dental program, Workplace smoking cessation and enforcing e-cigarette laws.

## 5 Transitway changes

Expect more changes as LRT construction gears up along the transit way. On Wednesday council will be discussing the December and January route changes. In December the closures will be between Lees Station to Hurdman Station, and in January buses won't run between Merton Street and Empress Avenue.

## IN BRIEF

**Man facing several charges after daylight shooting**

An Ottawa man is facing a charge of attempted murder after a daylight shooting incident in Vanier on Friday night.

Police said the shooting happened at 2 p.m. near the intersection of Montreal Road and Cantin Street.

After receiving reports of a physical altercation, Ottawa police responded to the scene where they found a 30-year-old man who had been shot in the abdomen. The victim was sent to hospital with non life-threatening injuries and was released.

Patrol officers arrested the suspect after he attempted to flee the area on foot.

The Ottawa Police Guns and Gangs Unit is leading the investigation and has charged Leroy Morrisseau, 23, with attempted murder, discharging a firearm, pointing a firearm, and several other firearm-related offences. JOE LOFARO/METRO

CONNECT

# About Metro's coverage on election day

**Joe Lofaro**
Metro | Ottawa

It's finally here. The 78-day election campaign is now over and the country will watch with much anticipation to see how Canada voted.

As the results pour in Monday night, we will post them in real-time on the Metro Ottawa website and on our social media channels.

After the polls close, Metro Ottawa will post results on metronews.ca/news/ottawa as well as on our Facebook account at facebook.com/metroottawa and our Twitter page.

Do you want to know how your candidate reacts to defeat or sweet, sweet victory? Then head to our website for a list of Twitter handles of Algonquin College journalism students, who will bring you all the tears and cheers in 140 characters or less at several candidates' election night headquarters.

In the Oct. 20 edition of Metro, you will be able to see photos and read about the highlights at these campaign parties as the candidates reacted to the results.

Since the beginning of the campaign, Metro Ottawa has teamed up with Algonquin College to deliver comprehensive election coverage from ridings across the capital.

If you're a procrastinator and you haven't yet decided who deserves your vote, you can always visit our website to see who your candidates are and what they're promising to do for you if they are elected.

There, you'll find profiles on the main candidates in the following ridings: Ottawa-Centre, Ottawa West-Nepean, Ottawa-Vanier, Carleton, Orleans, Kanata-Carleton and Ottawa-South.

WHO'S SHOWING THE RESULTS

Our picks are hosting non-partisan events but you can also call a campaign office and celebrate (or mourn) with your candidate of choice.

## 1 Carleton U

Carleton U's faculty of public affairs is hosting a free public event in the River Building from 7:30 to 11 p.m. Everyone is welcome to watch results roll in, enjoy snacks and a cash bar with a live panel discussion with Carleton faculty.

## 2 Union 613

Head to Union 613 for a "voters only" party. The restaurant is bringing in TVs to watch the results and is offering free food — as long as you bring along a voting selfie as proof that you made it to the polls. Event starts at 9 p.m.

## 3 Share Freehouse

If you can't get into the selfie party, Share Freehouse is just down the street and will start at 9 p.m.

## 4 U of Ottawa

There are lots of options for engaged students. At Carleton, Mike's Place and Oliver's Pub and Patio will both be showing results, and the University of Ottawa Graduate Students' Association is meeting at Café Nostalgica.

## 5 Sens House

Despite its sporting name, Sens House will host an election party organized by the Canadian International Council. Pitchers are half price and screens switch over at 8 p.m.

# Where to watch the results

PUBS AND BARS

## Sports, politics to go head-to-head Monday

Haley Ritchie
Metro | Ottawa

Downtown Ottawa will be cheering for blue on election night — but don't assume they're Stephen Harper fans. On Monday, election results will be vying with the Toronto Blue Jays for screen time.

The Blue Jays play the Kansas City Royals at 8 p.m., while election results are expected to start rolling in after polls close around 9:30 p.m. You can watch results on CTV, CBC and Global.

Whether you can find a bar that will turn to the elections is the tricky part — and it was a surprisingly tough decision for some downtown bars.

"We were intending to put it on, but it's a weird situation," said Mike Saab from Fathers and Sons. "It's just going to be all Jays."

Even well-known political bars on Sparks Street, including NDP haunt Brixton's, admitted they might switch it on but are hoping patrons prefer baseball.

NDP candidate for Ottawa-Vanier Emilie Taman had planned her victory party for the Lowertown Brewery, but got bumped by the game and had to relocate.

One of the few bars embracing the election despite the big game is the Union 613 on Somerset Street.

Co-owner Ivan Gedz is hosting an election party with free food — the ticket in is a selfie taken outside a polling station.

"Something I think is kind of fun about the selfies is, although perhaps it's a thing older people ridicule because we're not too familiar with it, it's making the election something fun," he said.

While he predicted the crowd at Union will be mostly left-leaning, Gedz said everyone is welcome, as long as they vote.

"The whole basis behind it is to try and invigorate people who wouldn't normally vote," he said. "Youth today are smarter than they ever have been but for whatever reason they feel they should disengage from the process — probably because the process encourages that."

GAMBLING

## Betting on the next PM

Elections can generate a lot of talk about big gambles, high stakes and betting on the electorate. But what about putting real money on the line?

South of the border in the United States, gambling on an election result is illegal — but in Canada and the U.K. it's perfectly legal.

"There's no restrictions on Canadian citizens placing a bet with a British bookkeeper," said Graham Sharpe, media relations director at William Hill betting. "If you happen to be in London you can walk into one of our betting shops and put money on the next prime minister of Canada."

Sharpe said William Hill has bookkeepers for a lot of subjects — the most popular bets include sports, reality TV, and politics.

This year he said the experts backed a close call between Harper and Trudeau. Now, the odds have shifted.

"As the bets have been placed it appears obvious that people are rather convinced Trudeau will take it," he said.

Betting odds often prove more accurate than public opinion polls — often the case in the University of British Columbia's Sauder School of Business' political market simulation.

"People are revealing what they think the outcome is really going to be as opposed to what their political preference is," said Werner Antweiler, a business professor who runs the simulation.

Instead of bets and odds, the Prediction Markets website has simulated a stock market since 1993. This year Antweiler said there are about 200 traders with a collective $40,000 invested in party leaders and seat distribution outcomes.

"The basic idea is people put their money where their mouth is," he said. HALEY RITCHIE/METRO

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# Everything you need to cast a vote

ELECTION 2015

## Canadians head to the polls after a long campaign

Michael Woods
Metro | Ottawa

After a gruelling 11-week election campaign — one of the longest in Canadian history — voting day is finally upon us.

Many people have already voted; a record 3.6 million people cast their ballot during the four-day advance voting period during Thanksgiving weekend; a 71 per cent increase from the 2011 election.

But Monday is your last chance to exercise your civic duty. Here's everything you need to know in order to cast your ballot.

**When can I vote?**
Polls in Ottawa are open Monday from 9:30 a.m. to 9:30 p.m.

If your work hours conflict with that, don't worry. By law, everyone who is eligible to vote must have three consecutive hours to cast their vote on election day. If your work hours don't allow for that, your employer has to give you paid time off.

**What do I need to vote?**
In order to vote, you need to prove your identity and address. The easiest way to do that is to show a government-issued piece of ID that has your photo and address on it, such as your driver's licence.

If you don't have one, you can show two pieces of ID, at least one of which must show your address.

If you don't have any ID with your address, you can show two pieces of ID with your name and have someone who knows you attest to your address. That person has to show proof of identity and address, be registered in the same polling division, and can only attest for one person.

Your voter information card is not a piece of ID. For the full list of eligible forms of ID (there are more than 40), visit Elections Canada's website.

**Voters cast their ballots for Canada's federal election at an advanced polling station in Toronto on Oct. 9 , 2015.** CHRIS YOUNG/THE CANADIAN PRESS

**What if I'm not registered to vote?**
Elections Canada has a handy online service that allows you to check whether you're on the voters' list. If you aren't, don't worry about it. You can register at your polling place, just before you vote. Just bring the necessary ID.

**Where do I vote?**
Your polling place is clearly listed on your voter information card, which you should have already received in the mail. If you haven't received one (or lost it), you can enter your postal code on Elections Canada's website to figure out where to go.

**How do I get there?**
Local candidates often arrange rides to polling places for people who can't get there on their own, so give that a shot. Uber is also offering free rides for new users to and from polling stations, up to a $15 value.

**When will I start hearing results?**
There used to be a blackout on reporting results until the last polling stations closed, but that's no longer the case this time around. So while the polls in British Columbia close at 10 p.m. EST (7 p.m. PST), we'll start hearing results from Atlantic Canada soon after the polls there close at 7:30 p.m. EST.

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POLITICS

## Candidates hit the pavement to sway undecided public

It feels like forever and a day ago since the first Sunday in August, when Stephen Harper headed to Rideau Hall to kick off the federal election campaign.

It seems like a strange, distant time, when we were all so much younger.

Nearly three months later, the longest campaign in modern Canadian history ended on Sunday, with candidates pounding the pavement in a last-ditch effort to win over undecided voters.

"We've had everything from 42 degrees plus humidity to snow," said Emilie Taman, the NDP candidate in Ottawa–Vanier. "That says something about a 78-day campaign. It's been an all-season campaign."

As their leaders criss-crossed the country delivering their stump speeches to supporters, many local candidates spent hours canvassing over the weekend.

It was their last chance to sway undecided voters and implore supporters to head to the polls Monday.

Given the long campaign, many candidates had already covered much of their ridings and were back for a second time to take another crack at voters who were undecided the first time around.

**NDP candidate Emilie Taman speaks with a voter while canvassing in Sandy Hill on Sunday.** MICHAEL WOODS/METRO

By some accounts, many undecided voters remained, even on the eve of the election.

"What's been so interesting in this campaign is the extent to which people have been struggling with the decision," Taman said. "I do think it's genuine when people are saying, even the day before, they're still not sure."

Taman is trying to unseat longtime incumbent Mauril Bélanger in Ottawa–Vanier, who was also out door-knocking on Sunday. David Piccini is the Conservative candidate there.

Campaigns were also prepping their get-out-the-vote efforts for Election Day, which includes offering rides to polling stations.

The campaign has seen its share of intriguing races, including Ottawa–Vanier.

In a trio of west-end ridings with no incumbent — Kanata-Carleton, Nepean and Ottawa West–Nepean — the Liberals are hoping to turn formerly Tory blue territory red.

In Ottawa Centre, NDP incumbent Paul Dewar is facing a strong Liberal challenger in Catherine McKenna. In Orléans, star Liberal candidate Andrew Leslie is hoping to unseat Conservative incumbent Royal Galipeau.

We'll find out Monday night how it all shakes down.

MICHAEL WOODS/METRO

# Animator draws up kids' show

NICKELODEON

## Dave Cooper is producing new series Pig Goat Banana Cricket

Lucy Scholey
Metro | Ottawa

**A frame from Nickelodeon's show Pig Goat Banana Cricket.** CONTRIBUTED

Dave Cooper tumbles into one of two very different worlds when creating art — the childlike or the darkly provocative.

Lately, the Ottawa animator has been spending more time with his kid self, creating a cartoon series for Nickelodeon than he would have wanted to watch back in the day.

Pig Goat Banana Cricket can be easily compared to Ren and Stimpy, without the dark, nasty, late-night humour. Cooper's highly stimulating Saturday morning cartoon about four very different roommates — literally a pig, a goat, a banana and a cricket — packs some grit and silly slapstick.

The series stemmed from a Nickelodeon magazine comic years ago that Cooper created with fellow cartoonist Johnny Ryan. A network executive asked the duo to turn it into a TV show.

"It's as though I become a child when I'm doing it," said Cooper, 47, who's a father of two. "All my parameters sort of shift, so that whatever might have been pushing the envelope in the realm of adult work is now pushing it sort of to a different area or accessing different things that are funny or stimulating."

His "adult work" includes several underground graphic novels from the 1990s.

In 2003, he switched to dark oil paintings that feature provocatively grotesque women of all body shapes — over-the-top, voluptuous with Betty Boop bug eyes or comically squat.

"It's almost like I have two sides to my personality," Cooper said.

David Cross, Tobias of Arrested Development, and filmmakers David Cronenburg (Crash) and Guillermo del Toro (Pan's Labyrinth) have all written introductions to Cooper's art books.

> **It's almost like I have two sides to my personality.**
> Dave Cooper

Growing up at the end of a dirt road in Shelburne, N.S., Cooper's parents discouraged him from watching too much television. When he did indulge, he tuned into Bugs Bunny, Rocket Robin Hood, and Monty Python. Otherwise, he spent a lot of time drawing, looking at books and wandering in the forest, and discovering alien landscapes in the moss and crawling insects.

"I was off in my own world a lot of the time," he said.

His largest artistic influence was Tomi Ungerer, an award-winning French illustrator who once lived in Nova Scotia and befriended Cooper's parents. Ungerer has published children's books, anti-Vietnam War political posters, and racy pictures.

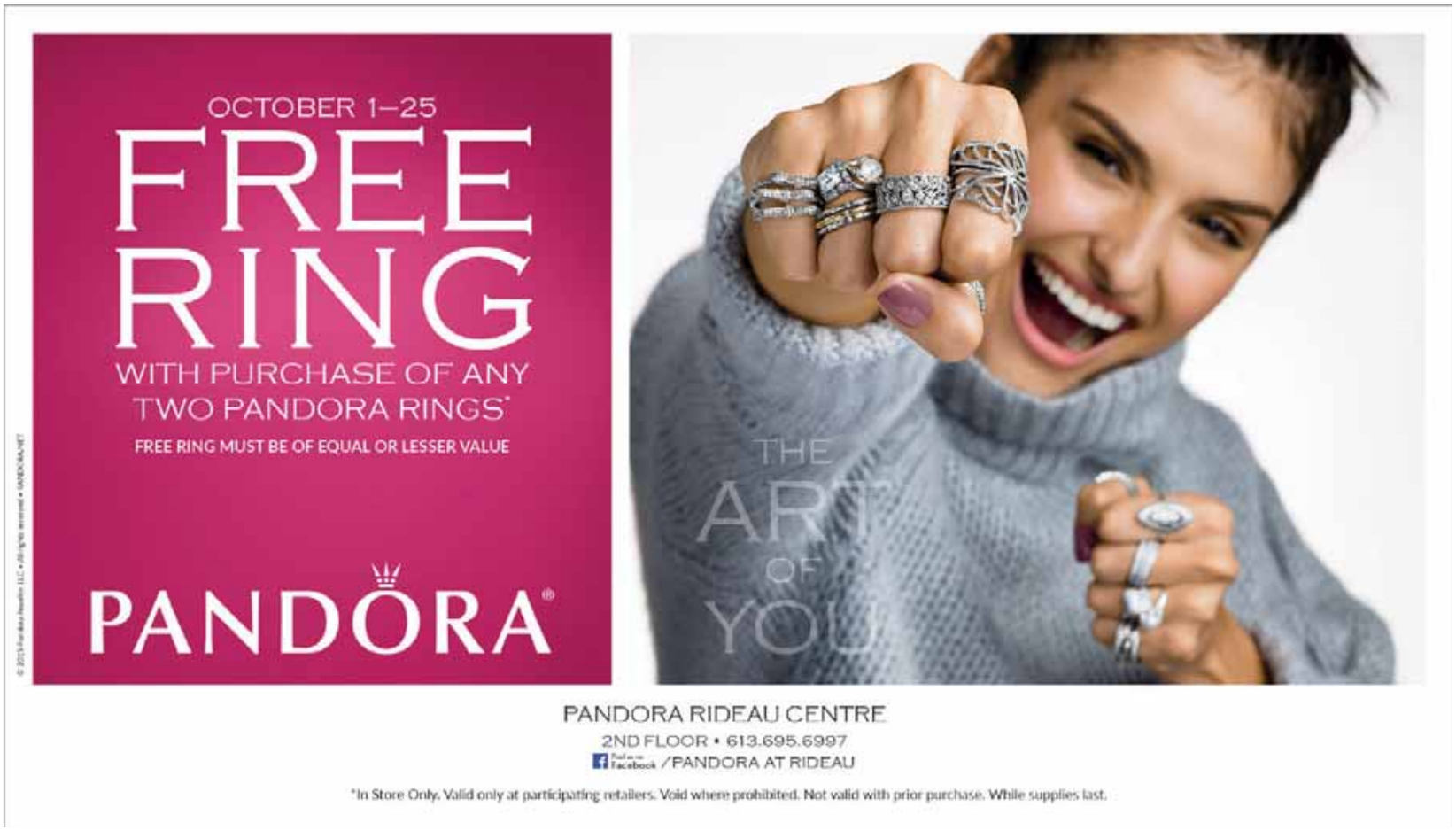
From that, Cooper developed an ability to surprise himself and others in his own work.

"I'll sit and draw from photographs or from my imagination for hours and hours and hours, just hoping to come up with some interesting little ideas that no one has done before," he said.

After Pig Goat Banana Cricket, Cooper will dig into his fat folder of ideas for paintings, graphic novels, and a feature film.

His next world is in the making.

Pig Goat Banana Cricket airs on YTV on Saturdays at 10:30 a.m.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# READY TO ENGAGE

Metro's daily primer on what the parties are saying about the issues that matter to urban Canadians

# Building a bridge to democracy in Canada

ROSEMARY WESTWOOD
Metro

Meeting David Berlin gives you a jolly, fizzy feeling, like someone just cracked the two-litre tonic bottle and you can already taste the tingly gin. Like the fun is imminent.

That's not the feeling I have about this election, although I will grudgingly vote. It's not just that I'm exhausted — I'm uninspired. And so I sought out Berlin. I'd heard he was excitable and passionate about our democracy.

Berlin bubbles with Santa Claus-style joy and the professorial charm of a Bernie Sanders, the same wispy hair that flies — like his thoughts — in all directions. But he speaks far more quickly, punctuating statements with a twinkle in his eye.

A tall, oval man capped with a fedora, Berlin launches into an off-topic story the moment he sits down and by the time you wake from his rolling narratives an hour later, you're hooked.

So it shouldn't be, if you're going by charisma ("I'm kinda a charismatic guy! I know," he admits), that you're only hearing of this candidate on election day.

Berlin is offering Canadians maybe the most appealing, and most upending, ideas. He is also the founding editor of The Walrus, the former owner and editor-in-chief of the Literary Review of Canada, a memoirist, journalist — which is to say, a man you can't write-off as fringe.

He's not a revolutionary, he says. Nevertheless, about a year and a half ago he founded a new political party — The Bridge Party — which hopes to remake democracy in Canada.

The aim is to end the election of political parties — the party to end all parties, yes — and instead create a system where Canadians debate policy, find some kind of consensus, and then vote on who will administer that grassroots vision. They're calling it the "departmental system."

Think of the electorate like city hall, and elections like the request for proposal process. The politicians, such as they'd be, would be experts in finance if they won the bid to run the finance department. Electing a prime minister would be more like selecting a head manager. The PMO wouldn't set policy: Canadians would. It's a vision to put an end to the cult of personality.

And as far as "big ideas" go, it's mammoth. There's a good chance I'll mess up trying to explain it (if Berlin was going to explain all the nuances, it would take all week, he says).

"Big parties are corporations, they're top down, they monopolize," he tells me. "I would like a nice, smooth transition," he says, to a system he argues can take on challenges like climate change, the future of jobs and extremism.

# Prominent Canadians have their say

Messages from musicians, environmentalists, TV personalities and more are being featured today on Facebook Canada's page as the platform works with Elections Canada to boost voter turnout. Here's what some of the famous faces have to say. **ANGELA MULLINS** METRO

**Craig Kielburger**
Free the Children

"I'm voting for a political system that engages and includes young people. Youth issues have a ripple effect. They impact everyone and our country's ability to thrive.

**David Suzuki**
The David Suzuki Foundation

"I'm voting because we have had 10 years of no government action to reduce Canada's greenhouse gas emissions. This is the most important issue that isn't being raised by the media.

**Damian Warner**
Pan American decathlete

"Our lives have been shaped by our history ... a history of men and women who sacrificed their lives for the freedom we enjoy today. An important part of that freedom is the ability to choose those who govern us.

**Perry Bellegarde**
Assembly of First Nations

"I will vote on Oct. 19 to reinforce my message that First Nations' priorities must be Canada's priorities and that we must close the gap in the quality of life between First Nations people and Canadians.

**Jann Arden**
Musician

"I am going to vote because it's an honour and a privilege that many people in the world are denied. I am going to vote because my voice matters and what I think matters. I am going vote because I want change. I am going to vote because it is my right as a free and democratic Canadian.

ALL PHOTOS VIA FACEBOOK

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**Stephen Harper supports Nav Bhatia in Mississauga, Ont.**
JONATHAN HAYWARD/THE CANADIAN PRESS

# Now it's time to go and vote

ELECTION 2015

## Liberals surf into lead in last of public opinion polls

Canada's extraordinarily long 78-day election campaign that culminates Monday was always going to be one for the record books, and what transpired over the campaign's final weekend is eye-popping.

There was tough-on-crime Conservative Leader Stephen Harper with his drug-demonizing campaign strategy holding a Saturday night rally in Toronto with former Toronto mayor Rob Ford, the world's most celebrated crack addict of 2014, just as new revelations were published detailing Ford's bizarre and disturbing behaviour while in office.

And there was Liberal Leader Justin Trudeau spending the final day of the race in Edmonton and Calgary while making an electoral pitch to Quebecers and all but trolling Harper's old Alberta-based grassroots.

In downtown Toronto, Mulcair was left invoking the name of Jack Layton on the late NDP leader's old turf in a last-chance bid to restore New Democrat hopes.

What began Aug. 2 as a tight, three-way race with the NDP in the lead and Liberals trailing appeared to flip on its axis in the final week, with Trudeau's Liberals surfing into election day on a rising wave of public opinion and the New Democrats a distant third in every public opinion poll.

When Parliament was dissolved for the election, the Conservatives had 159 seats in the 308-seat House of Commons, the NDP had 95 and the Liberals 36.

Thirty new seats have been added this election, including 15 in Ontario, bringing the total to 338 and upping the number of seats needed for a bare majority to 170.

THE CANADIAN PRESS

### AT THE POLLS

**Elections Canada expects heavy voter turnout**

Elections Canada is making preparations for a heavy voter turnout for Monday's election.

The agency is preparing because of the higher turnout for advance polls last weekend. Some 3.6 million ballots were cast over a four-day period — up 71 per cent over advance ballots in the 2011 election. THE CANADIAN PRESS

ELECTION 2015

# All those ballots not destined for blue box

**Andrea Ross**
Metro | Edmonton

Millions of VIPs will land in Ottawa next week — very important papers, that is.

Elections Canada produced 26.4 million ballot papers this year. That's one for each eligible voter in the country, and they won't just end up in the recycling bin once the votes are counted.

"The ballots are packed into boxes and shipped to a central location in Ottawa, where they're kept in archives for a period of 10 years," Elections Canada spokeswoman Leanne Nyirfa said. "Our system is very prescribed and well thought-out."

After votes are counted Monday night, each ballot will be numbered and tracked, including unused ballots. They will be sealed in envelopes, put inside the poll bag and placed back into the ballot box.

The Deputy Returning Officer then places the box in a secure area until the validation of results, which happens shortly after the election. Once this is done, they are shipped to Ottawa.

It's a closely monitored process dictated by a 52-page guidebook, Nyirfa said.

"We need to record the number of each ballot onto a form, so they're not just thrown in (the box)," she said. "And we make sure they're sent securely in transportation."

Nyirfa said she expects about 71,000 boxes of ballots to arrive at the Ottawa warehouse this year — an undisclosed location she said is even more organized than a library. And that's important, considering how tight some of the races can be in some of the country's 338 electoral districts.

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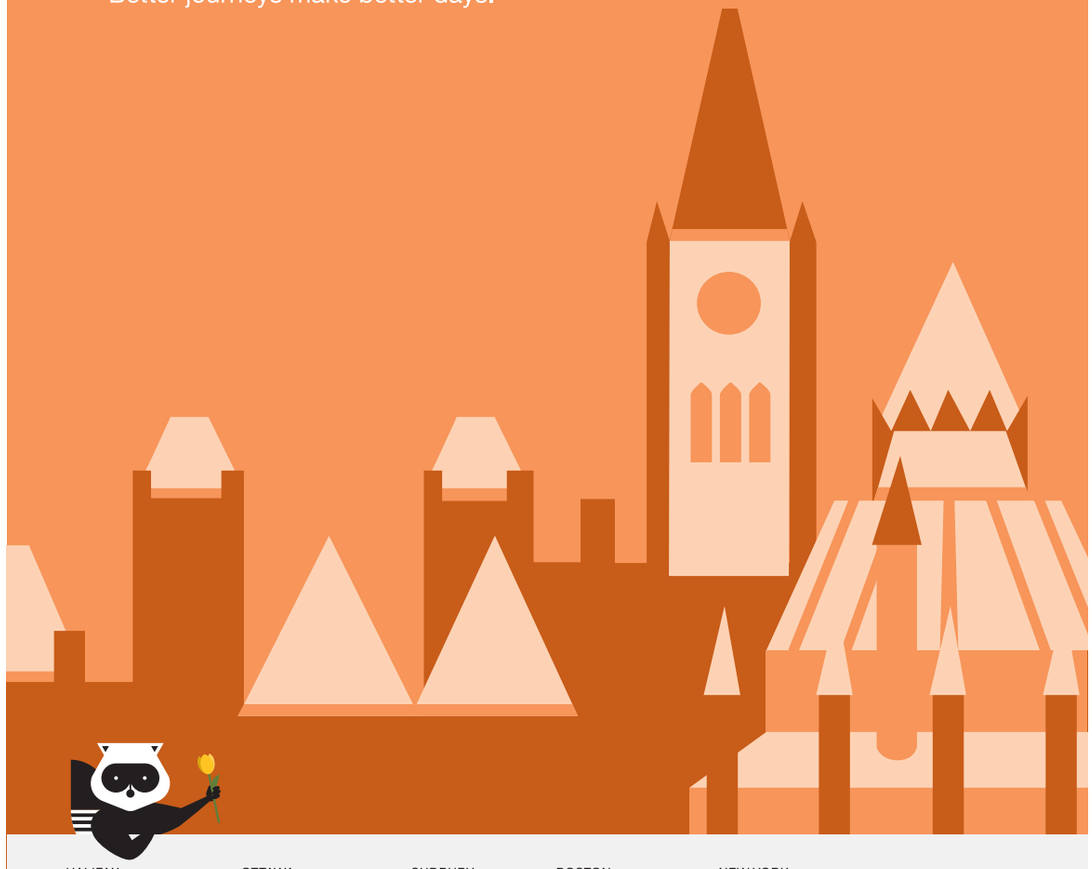

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# Ballot cynicism in Egypt

MIDDLE EAST

## Doubts mar first election for legislature since 2012

A mix of voters' apathy and frustration characterized elections held Sunday for Egypt's first legislature in more than three years, a chamber widely expected to be compliant with the policies of Abdel Fattah el-Sisi who, as military chief, ousted the country's first freely elected leader before he was elected to office himself a year later.

Egypt's last parliament, elected less than a year after the 2011 ouster of longtime autocrat Hosni Mubarak, was dominated by supporters of the now-outlawed Muslim Brotherhood as well as ultraconservative Salafi Islamists. It was dissolved in June 2012 following a ruling by the nation's highest court that its election was unconstitutional.

A largely toothless upper chamber, also dominated by Islamists, continued to sit until el-Sisi's July 2013 ouster of Mohammed Morsi, when it was also dissolved.

**An Egyptian casts her vote at a polling station in Giza on Sunday.** AMR NABIL/THE ASSOCIATED PRESS

"There's no incentive to vote," declared 38-year-old Mohammed Mahmoud, owner of a carpentry workshop across the street from a polling centre in Boulaq el-Dakrour, one of the most densely populated districts in Egypt.

> **There's no incentive to vote.**
> Mohammed Mahmoud, businessman

"Even if a candidate has a platform, I don't think it's true. I don't think it will be implemented," he said in Cairo's twin city of Giza, located in one of 14 provinces in which the first of two days of voting took place Sunday.

One of his workers, Mohammed Hassan, echoed the same sentiments: "We've been hearing the same things for 20 years."

Egyptians abroad began voting Saturday and continued Sunday, when voting was underway in 14 Egyptian provinces, including Giza and the Mediterranean port city of Alexandria.

Voting in Egypt's 13 other provinces, including the capital Cairo, will happen Nov. 22-23.

Each stage of the vote will be followed by a runoff.

Final results will be announced in early December, and the new house will hold its inaugural session shortly after.

There were no official or reliable figures available on Sunday's turnout, expected to be as low as 10 per cent.

State media reports suggested that while turnout was low in the morning, large numbers of voters cast ballots in the afternoon. THE ASSOCIATED PRESS

## IN BRIEF

**Big bust for Paris police**

France's finance minister says police made the country's biggest drug seizure in two years when they found 7.1 tons of hashish in Paris' chic 16th arrondissement.

Michel Sapin said in a statement Sunday agents discovered the drugs, with an estimated street value of 15 million euros ($17 million), in an unoccupied van being used as a temporary storage space. THE ASSOCIATED PRESS

**Police hunt for shooter in ZombiCon killing**

Police say a shooting at the ZombiCon gathering in Florida killed one person and injured four others.

Lt. Victor Medico of the Fort Myers Police Department said the shooting occurred late Saturday night, according to the News-Press.

The four people wounded were being treated for injuries that were not life threatening, he said.

The search for the shooter continued Sunday. THE ASSOCIATED PRESS

PHILIPPINES

## Typhoon kills two

Slow-moving Typhoon Koppu weakened after blowing ashore with fierce winds in the northeastern Philippines on Sunday, leaving at least two people dead, displacing 16,000 villagers and knocking out power in entire provinces, officials said.

Soldiers and police were deployed to rescue residents trapped in flooded villages in the hard-hit provinces.

After slamming into Aurora's Casiguran town after midnight Saturday, the typhoon weakened, hemmed in by the Sierra Madre mountain range and a high-pressure area in the country's north and another typhoon far out in the Pacific in the east, government forecaster Gladys Saludes said.

Winds knocked down trees and electric posts, leaving nine entire provinces without power, while floods and small landslides made 25 roads and bridges impassable. Authorities suspended dozens of flights and sea voyages due to the stormy weather, and many cities cancelled classes on Monday. THE ASSOCIATED PRESS

ISRAEL

## Tensions rise alongside walls in Jerusalem

Palestinians in Jerusalem have awoken to a new reality: Israeli troops are encircling Arab neighbourhoods, blocking roads with concrete cubes the size of washing machines and ordering some of those leaving on foot to lift their shirts to show they are not carrying knives.

The unprecedented clampdown is meant to halt a rash of stabbings of Israelis. Many of the attacks were carried out by residents of east Jerusalem, the sector captured and annexed by Israel in 1967 and claimed by Palestinians as a future capital.

**Palestinians watch as a wall is built between theirs and a Jewish community in Jerusalem Sunday.** THE ASSOCIATED PRESS

Prime Minister Benjamin Netanyahu's government has portrayed the measures as temporary, in line with what his advisers say any police department in the U.S. or Europe would do to quell urban unrest. But some allege he is dividing Jerusalem, something Netanyahu has said he would never do.

"They want to humiliate us," said Taher Obeid, a 26-year-old janitor at the Hebrew University of Jerusalem.

Domestic critics say Netanyahu — long opposed to any negotiated partition of Jerusalem into two capitals — is effectively dividing the city along ethnic lines with his security measures.

"This is what the future looks like," said Jerusalem expert Daniel Seidemann. "It's the one-state reality." THE ASSOCIATED PRESS

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FRESHCO.

# U.S. halts offshore arctic drilling leases

ALASKA

## Senator says move will hurt state economy

The U.S. Interior Department announced Friday it is cancelling future lease sales and will not extend current leases in Arctic waters off Alaska's northern coast, a decision that significantly reduces the chances for future offshore drilling.

The news follows a Sept. 28 announcement by Royal Dutch Shell that it would cease exploration in the Chukchi and Beaufort seas after spending upward of $7 billion on Arctic exploration. The company cited disappointing results from a well drilled in the Chukchi and the unpredictable federal regulatory environment.

Interior Secretary Sally Jewell said the federal government is cancelling federal petroleum lease sales in U.S. Arctic waters that were scheduled for 2016 and 2017.

"In light of Shell's announcement, the amount of acreage already under lease and current market conditions, it does not make sense to prepare for lease sales in the Arctic in the next year and a half," she said.

Sen. Dan Sullivan said the Obama administration is correct in wanting to help Alaska natives and all Alaskans battle the state's high rates of suicide, domestic violence and addiction. But he said the administration doesn't see the link between economic opportunity and making people's lives better.

"They just took real opportunity, significant opportunities that could benefit thousands if not tens of thousands of Alaskans off the table," Sullivan said. "That's not going to help the social problems."

THE ASSOCIATED PRESS

**Since Royal Dutch Shell announced it was walking away from its exploratory efforts, the Obama administration has taken steps to keep drill rigs out of the region's northern ocean.** ELAINE THOMPSON/THE ASSOCIATED PRESS FILE

AUTO INDUSTRY

## Takata airbag recall includes 2015 models

The deadly problem with exploding Takata airbag inflators continues to spread to newer vehicles, this time hitting a small number of 2015 General Motors cars and SUVs.

GM is recalling more than 400 vehicles because the side airbag inflators could rupture and send shrapnel into drivers and passengers, according to the company and documents posted Saturday by the U.S. National Highway Traffic Safety Administration (NHTSA).

The GM recall is the latest in a problem that continues to widen with no end in sight. U.S. regulators have warned that more manufacturers and newer models are likely to be recalled.

So far, about 23.4 million Takata driver and passenger airbag inflators have been recalled on 19.2 million U.S. vehicles sold by 11 different companies, including Honda and Fiat Chrysler.

The latest recall covers certain 2015 Chevrolet Equinox, Malibu and Camaro vehicles as well as the Buick LaCrosse, Cadillac XTS and GMC Terrain.

THE ASSOCIATED PRESS

### IN BRIEF

**Guinness judge certifies 122-metre-long baguette as new world record**

A judge from Guinness World Records has certified a 122-metre-long baguette baked at the Milan Expo 2015 World's Fair as the longest in the world. The baguette was then cut and smeared with Nutella to share with the hundreds who witnessed the record. THE ASSOCIATED PRESS

**Last US Airways flight arrives in Philadelphia**

The final US Airways flight has landed in Philadelphia, completing the last leg of its round-trip journey that began in San Francisco on Saturday. All future flights will fly under the American Airlines banner, following the completion of a merger announced in 2013.

THE ASSOCIATED PRESS

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TORONTO STAR CLASSROOM CONNECTION

**Politics of the future:** Researchers who eased the brain's threat perception with magnetic stimulation observed a decline in patients' anti-immigrant sentiments and beliefs in God.

**Metro MONDAY POLL**

# Design your dream election

**Visit** metronews.ca **every Friday to have your say.**

**If you could** make a tweak to create your ideal voting system — design your own democracy — what would you do? Have you had enough of attack ads? Do you want to be able to vote from bed, on your phone? We asked our readers how they'd make their personal perfect parliamentary process.

**1 If you could write in a candidate for prime minister who is not on the ballot, who would it be?**

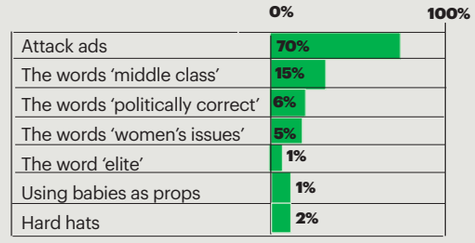
**26% Chris Hadfield**
**24% David Suzuki**
**19% Grumpy Cat**
**9% Stephen Lewis**
**7% Drake**
**4% Jose Bautista**
**4% Joanne Liu**
**2% Wayne Gretzy**
**2% Margaret Atwood**
**2% Ryan Gosling**
**1% Craig Kielburger**
**24% Other**

Naheed Nenshi

Rick Mercer

Batman

**2 If you could retire one campaign-season cliché, what would it be?**




**3 If you could change one thing about our system, what would you choose?**

36% Scrap first-past-the-post voting
25% Elect the leader separately from the MPs
20% Allow voting online or by phone
6% Make the campaign shorter
3% Nothing, we're lucky to live in a democracy
10% Other

Introduce ranked ballots.

Ban parties. Officials should represent people, not parties.

Elections every five years, not four.

METRO READERS

# Today you have power, if you choose to use it.

**COLLINS' CAPITAL**

**Steve Collins**

Okay, this is it. It's E-day, and you've got a job to do. Do it strategically, do it with your head or with your heart, do it wearing a mask or holding your nose, but above all, please do it. Oh, and bring photo ID with proof of your name and current address.

The government claims they tightened requirements to crack down on voter fraud, of which there's scant evidence, and critics warn the new rules will make voting harder for certain groups (students, First Nations, seniors, the homeless), making it more likely they won't vote.

The controversy may be overblown, but if you're getting even the slightest impression that your government doesn't want you to vote, that alone should be a powerful incentive to make sure you do.

It's not as if Canadian electors need any help sitting out elections. We haven't seen even a 75 per cent voter turnout since 1988, and hit an all-time democratic rock bottom in 2008, when only 58.8 of us managed to lift a pencil.

Participation crept back up to 61.1 per cent (yay) in 2011, but only 38.8 per cent of voters aged 18 to 24 did the deed. It's hard to blame them. Mainstream political parties see those young voter stats and tailor their platforms for older people they know will more likely vote.

Income tax cuts and credits are meaningless when you're still trying to find that first decent job and an income to tax. This demographic freeze-out can be a vicious cycle, turning young people off voting, and in turn making their concerns less important to office-seekers. Break this pattern and vote.

Ottawa voters achieved a marginally better showing than the national average in 2011, with turnouts in the high 60s and low 70s in local ridings. After all, whoever forms the next government, we actually have to live here beside them.

Cuts to the public service aren't an abstract exercise in budget balancing in the city where 42 per cent of government employees live, and where a third of those job losses hit our local economy.

The government you elect will also leave a lasting physical stamp on the city long after it's gone, whether it's the $100-million rebuild of the National Arts Centre or the divisive Memorial to the Victims of Communism.

So what's holding you back? No time? Please. Your polling station is open for 12 hours. Your employer is legally required to give you three hours off to vote.

Not up on the issues? You evidently read Metro, and I bet you know enough about what's important to you. Nobody's asking you to choose perfectly. Just choose.

It won't matter? There are few better examples of a self-fulfilling prophecy. First-past-the-post has its flaws, and the Liberals, NDP and Greens are promising to scrap it in favour of something more representative. In the meantime, these are the rules of the game, and imperfect as they are, if you don't play, you lose.

If you want your representatives to listen to you, you can't be mute today. Hire them, fire them, put a scare into them. You have power. Use it.

**Steve Collins** lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

**metroview**

# Tomorrow's leader will have to mop up an anti-Muslim mess

**Omar Mouallem**

"I've never seen it like this before." That's how my mother — one of Canada's million Muslims — described the blatant bigotry on her Facebook. She didn't need to elaborate. I'd seen it, too. But my social network has a long tail of loose ties. Hers consists of actual friends and former colleagues — the people who helped my parents integrate in rural Alberta before I was born.

Thirty years later, a shameful election has unlocked anti-Muslim and anti-immigrant sentiments. Where teens assault a woman whose only crime was wearing a religious garment. Where Canadians are willingly devalue the Canadianness of 900,000 dual citizens. For a third of the vote, Stephen Harper has demonized Muslims (three per cent of the population) and undermined the rights of 7.1 million foreign-born Canadians.

Though it's unlikely he will be tomorrow's leader, tomorrow's government, whatever it is, must mop up the mess.

In addition to the recession, climate change, First Nations reconciliation and international conflicts, tomorrow's leader must prioritize healing the wounds opened by wedge politics. Otherwise the 250,000 annual newcomers will never get a fair shot. When I think of my own family's ascent to the middle class, it wasn't just work ethic that boosted them. It certainly wasn't the 1980s economy. Tax credits alone didn't help them buy the biggest house on the block.

It was social tolerance.

When my parents arrived from Lebanon, immigrants were central to Canada's new multicultural identity and story. But, I wonder, would they have thrived knowing their Canadian-born children could be deported? Which of their "barbaric" practices would have been called in to the tip line? The Ramadan when they butchered a goat in the yard? That my mom wore a hijab, which in Northern Alberta in 1984 was about as common as a niqab today?

Immigrants always come with cultural baggage. Some can take a generation or two to unpack. The white majority — old-stock Canadians — have residual cultural baggage, too (pressuring women to take their husbands' last names comes to mind). But adjusting is much harder when you want to hide from your neighbours.

A recent CBC survey showed only 65 per cent of Canadians are proud of the country's "multicultural makeup." Today's target is Muslims. Who is it tomorrow, as rising sea levels will displace unprecedented numbers of people? Canada's 1880s tax on Chinese immigrants and "none is too many" stance on 1930s Jewish refugees are reminders of xenophobia's cyclicality. But to see it actively promoted by leaders should disturb us all.

And tomorrow's leader must repair the damage.

**Omar Mouallem** (@omar_aok) edits the Yards magazine.

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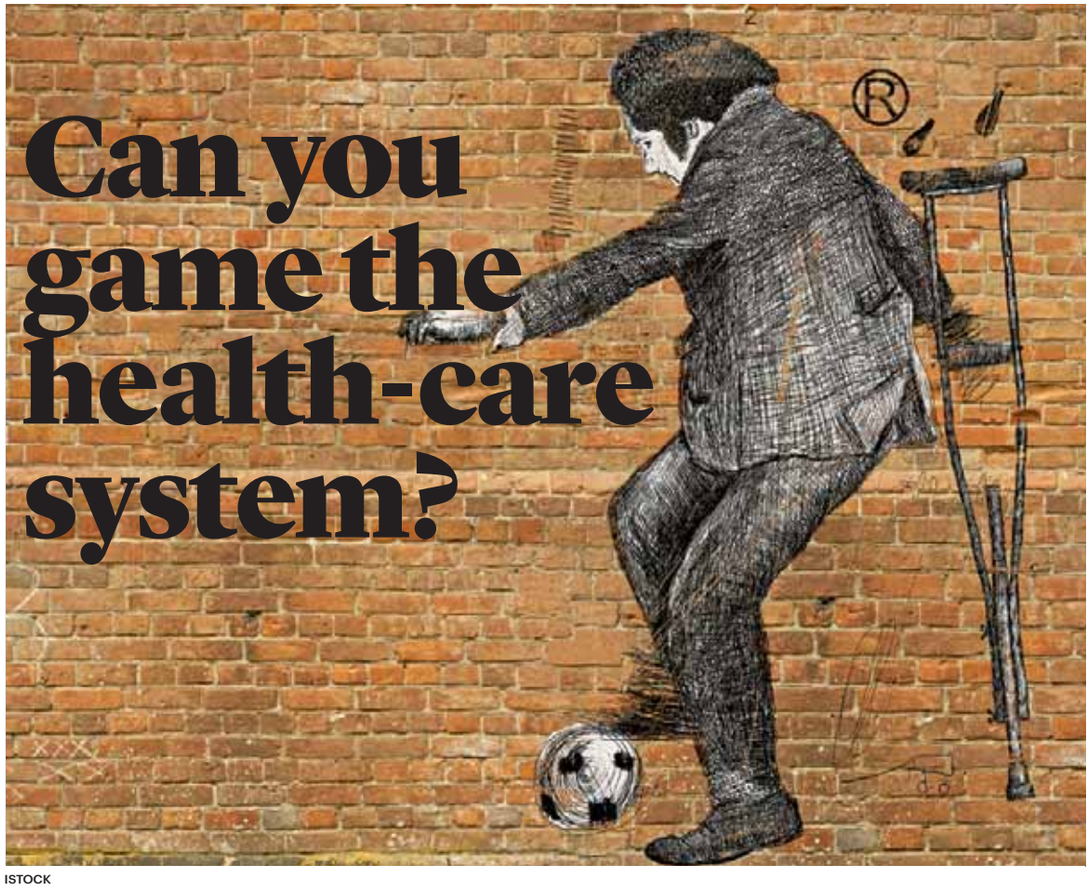
**PHILOSOPHER CAT**
**by Jason Logan**

THE PATIENT'S PLAYBOOK

## Be assertive and involved in your treatment, author says

# Can you game the health-care system?



ISTOCK

In The Patient's Playbook, Leslie Michelson offers the wisdom he's gained from 30 years of helping people get health care. Michelson, trained as a lawyer, is the founder and CEO of Private Health Management, which aids individuals and corporate clients seeking optimal medical treatment. He lives in Los Angeles.

**You help Americans, mostly the very wealthy, get top-notch health care. Is your advice applicable to Canadians?**
There are differences in the systems, but also a lot of similarities. Our physicians are trained in the same ways and our hospitals are accredited in the same ways. Both systems suffer from significant preventable errors. So in both systems, it's imperative for patients to learn to be more assertive and to gain control of their own medical destinies.

**You talk about preparing for falling ill. What should a person should do?**
We prepare for things such as college tuition or retirement, but people don't prepare for illness. First, you need to document your family's medical history. More and more we're learning that genetics is part of our health destiny.

Second, collect all your medical records — the diseases you've had, medications you've taken, weight and blood pressure over time. And third, develop a strong and enduring bond with a primary care physician so you can benefit from health-care developments in prevention and detection.

**What should you look for in a primary-care physician?**
You want someone who listens and respects you, and someone you will listen to. It should be someone whom you can get in to see when you need to. It should be someone who supports your wellness goals and will help you focus on the issues when you lose focus.

**What are the biggest mistakes patients make?**
Becoming passive and doing nothing or doing whatever the physician recommends without asking questions, educating themselves or becoming partners with the physician.

**Explain the no mistake zone.**
It's a multi-step process that reduces anxiety and ensures you make better choices. First, make sure your diagnosis is accurate and complete. In the U.S., we lose 100,000 lives a year from diagnostic errors. Second, make sure you understand when and why you need to be treated. Third, educate yourself online about your disease and treatment options. Fourth, meet with one or more physicians who specialize in precisely your condition. Use databases, such as expertscape.com, which lists physicians who've published articles on a particular disease. Expertise matters. No realm of knowledge is more complex than human biology. And there's no realm where advances come more rapidly than biomedical research.

**No realm of knowledge is more complex than human biology.**
Leslie Michelson, author of The Patient's Playbook

**In your book, you encourage people to do what they can to jump the queue. Why?**
I'm not suggesting someone whose treatment can wait four to six weeks should assert themselves that it needs to get done today. But if it is a condition that needs treatment now, you need to figure out how to assert yourself and get everyone's attention that a delay would irreversibly affect the clinical course.

**Once in hospital, how can a patient stay safe?**
Hospitals are miraculous institutions, but they're also dangerous. That's why it's great to have an advocate with you. TORSTAR NEWS SERVICE

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# A couple who namastes together

YOGA

## Acro yogis find relationship balance in tough poses

Not much causes a Torontonian to stop in their tracks, but a man and a woman effortlessly pulling off Cirque du Soleil-esque moves in a park just might do it.

Miranda Cobbett and Ryan Scott are the uber-fit duo behind acrobuddhas.com — a team of two performers who practice and teach acro yoga (a combination of acrobatics and yoga) around the city. They post pictures of their jaw-dropping moves on Instagram, where they've amassed a huge following.

"Ryan and I both love being active. We live a very healthy, fit lifestyle every day," Cobbett told the Star. "When we were able to combine our energies and create something together ... it was exciting.

The twosome — partners in love and business — only stumbled on acro yoga two-and-a-half years ago when scrolling through photos on Instagram.

"At the time, we didn't even know what it was called. We were like, 'Look at this, this is cool. Let's try it'," said Cobbett.

Acro yoga harnessed the skills they already had — Cobbett is a yoga teacher who grew up dancing and cheerleading, and Scott is a personal trainer — and allowed them to combine their strengths in a new way. They started practicing in her parents' backyard and soon, they were hooked.

And it gave them more than just tighter abs — acro yoga helped jump-start their relationship, now at the eight-year mark.

"It really taught us how to communicate in new ways, how to trust each other in new ways," Cobbett said. "In all honesty, I'm trusting him beneath me to support me."

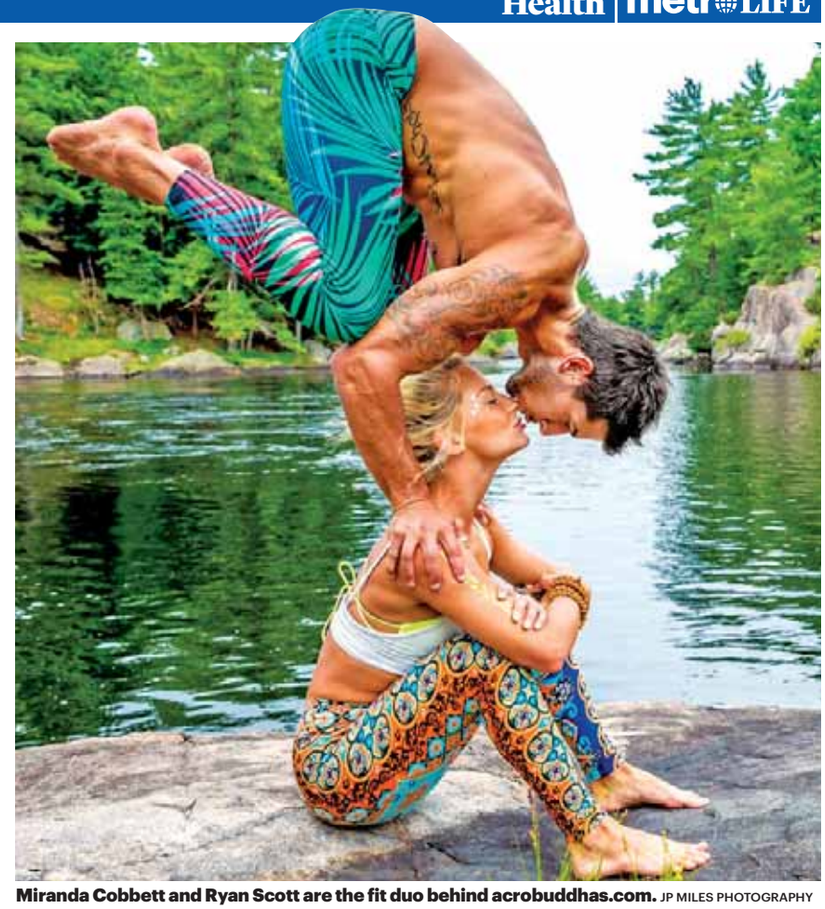
The team began taking pictures of their daring exploits, sometimes by putting a clicker in one of their mouths to snap a picture themselves, other times asking photographer friends to do the shooting, and soon garnered attention on Instagram with the account @acrobuddhas. They now have 17,000 followers.

These days, they perform at Toronto festivals, including Electric Island and Bestival, but you're just as likely to find them on a beach or in a park, perfecting their moves in public. People often approach to ask what they're up to, which Cobbett loves. But don't get too close.

After curious Electric Island festival goers kept trying to touch the duo during performances last year, organizers put up barriers around them.

And injuries? None so far, said Cobbett, though they usually practice on sand or grass just to be safe.

TORSTAR NEWS SERVICE



**Miranda Cobbett and Ryan Scott are the fit duo behind acrobuddhas.com.** JP MILES PHOTOGRAPHY

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HEALTH TRENDS

# Women's libido drugs get boost

Most women with low sexual desire won't rush to get the first prescription drug to boost female libido as it became available over the weekend.

But they may have more options down the road.

Addyi can't be taken with alcohol or certain other medications, which will likely limit its use.

But experts believe those restrictions could spur development of better treatments for women's sexual problems after more than a decade of neglect by most of the world's large drugmakers.

Kim Wallen, a psychology professor at Emory University, says Addyi represents a historic milestone that may open the door to more drugs targeting desire in men and women. Where Viagra and other men's erectile dysfunction drugs work by increasing blood flow to the genitals, Addyi acts on brain chemicals associated with desire.

"This is the first time that a drug, for either men or women, has been approved strictly to increase sexual desire," Wallen says.

"That legitimizes many other drugs that are in development."

Treatments for women's libido issues are an untapped financial opportunity for drugmakers. Analysts estimate the market could be worth over $2 billion, based on academic estimates that between 5 million and 9 million U.S. women may suffer from desire disorders.

But the area hasn't been a research priority for drugmakers in many years. Beginning in the 1990s, Pfizer, Bayer and Procter & Gamble all studied — then discarded — drugs targeting female libido.

Dr. Lisa Dabney says several patients have asked her about Addyi, but they generally lose interest after she explains they cannot drink alcohol while taking the daily medication.

"It's definitely an option that's going to help patients," says Dabney, of New York's Mt. Sinai hospital.

"But it's going to have a limited patient audience because of the alcohol restrictions and the fact that you have to take it every day."

Still, some women credit the drug with saving their relationships.

Amanda Parrish, 52, had been married for three years when she realized she was avoiding sex with her husband. Her doctor said it was natural to lose sexual interest with age and suggested she try a vibrator. But nothing worked until Parrish enrolled in a trial of Addyi, which was studied in women who report distress due to a lack of libido.

"It just brought me back to where I was as far as being flirty and playful," says Parrish, who lives in Nashville. "I went back to the days of leaving notes on his window, in his car, on his mirror in the morning."

Experts generally describe Addyi's effect as "modest." In company studies, women taking the drug that's also called flibanserin reported a slight uptick in sexually satisfying events each month. Their answers to separate questionnaires indicated they experienced a slight increase in desire and a slight decrease in stress.

Analysts from Evercore ISI estimate Addyi could generate sales of $200 million annually. That's far below the blockbuster numbers once discussed by experts and the $1 billion that Valeant Pharmaceuticals recently agreed to purchase Sprout.

THE ASSOCIATED PRESS

# I spend, therefore I am

Gail Vaz-Oxlade suggests taking two days a week for a month where you buy nothing so you can truly see how much of an impact spending has on your life. ISTOCK

IDENTITY

## Don't define yourself through consumerism

Gail Vaz-Oxlade
For Metro Canada

Do you define yourself by the stuff you buy?

I know you're shaking your head, but I want you to stop and think about that question for a minute.

How important is a brand name to you? How often do you see something someone else has and decide you want one too? How much do you preen when someone compliments a new purchase you've made?

Spending money to buy stuff has become a defining activity in so many people's lives. We all spend money. And we have all kinds of language that reflects how important shopping has become to us — think "retail therapy."

We've even named a day in the year when it's okay to blow out our budgets (and behave badly) using our credit cards all for the sake of a deal: Black Friday. If there is any industry that has made it clear that we are powerless in the face of what they want to sell us it's the financial services sector.

People have been sold so much credit that now retirees are having to declare bankruptcy to hold on to their pension money for food. And as for mortgage life insurance, don't even get me started. That's a product that serves the needs of the bank, not the person buying and paying for the product.

Witness the number of people who subsequently try to make claims only to find their insurance has been declined because even though they paid premiums for years, they weren't actually insured, they just thought they were.

We are also at the whim of the brilliant supermarket retailers.

Between their sophisticated databases, manipulative pricing strategies, and the growing size of the trolleys, we're plunking down more cash at the supermarket than ever before. We can buy household appliances, plants, towels, and even clothes when we head off to pick up milk.

And when those Buy Two for $5 tags show up, we end up taking home more food even though the fridge and cupboards are already full.

There are now more places and ways to shop than ever before. Don't feel like going to the store? Just hop online. Or head over to a friend's for a shopping party where, in exchange for nibblies, you'll drop good money on total crap. Or click on a coupon site to buy five whatevers for 50 per cent off, and look how much you just saved! You can browse on Craigslist or on eBay until you find something you just have to have. Even heading to a concert or a sports game often involves spending money on T-shirts and hats. Good lord.

If you want to truly see how much impact spending has on your life, for the next month choose two days of the week when you'll buy nothing.

Absolutely nothing.

Then make some notes on how you feel when your shopping itch can't be scratched.

More importantly, how do you feel when you finally get to spend some money again?

RESEARCH

# Why failure is necessary for creativity

Raquel Laneri
Metro | New York

From the time our parents send us off to school, we're being told not to fail.

Whether it's getting into an Ivy League school, landing a job not too long after graduation, entering into a marriage, raising a kid or excelling in our careers, we constantly feel the pressure to be the best or, at the very least, not mess up.

But such preciousness might be hindering us. In fact, some of the world's greatest innovators and thinkers — such as the late Apple visionary Steve Jobs and goddess-of-everything Oprah Winfrey — have extolled the values of failure, saying the best ideas often come from making mistakes.

"There are very few people in the world who come up with great ideas immediately and go and produce them," says Jim Fitts, visiting professor of graphic design at Mount Ida College, in Newton, Mass. "I'm not sure anyone can do that."

Yet Fitts noticed that his graphic design students did less of the, well, letting themselves come up with the bad ideas and outrageous experiments that are so important to creativity and innovation. Which is why he and fellow Mount Ida professor Alison Poor-Donahue organized an exhibition called Permission to Fail, which opens Oct. 19 at the school and runs through Jan. 26, 2016.

"It's so easy to jump on a laptop these days and start designing, so a lot of younger designers have foregone that old process of blue-sky thinking, doing sketches, doing thumbnails and working through a couple of different concepts before they start to do the final product," Fitts says.

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# A new dimension

## Product design and development more economical with 3D printing

**Jessica Wynne Lockhart**

Many Canadian small business owners are embracing 3D printing as a cost-effective way of bringing products to market. SHUTTERSTOCK

The gift Sebastian Morgyn James received for his 19th birthday was life changing.

More than a year ago, his family helped him purchase a MakerBot Replicator 2, a 3D printer. The gift enabled him to drop out of OCAD University's advertising program and open BalloonChair, his own small business.

Using the basic drafting skills he learned in high school, James began prototyping his designs and selling them online. Through his Etsy shop, customers can custom order 3D-printed planters, masks, even earrings featuring former Toronto mayor Rob Ford's noggin.

Being able to manufacture his own products changed James' career path.

"Having a 3D printer is a huge educational tool for me," he said. "I had always wanted to start a small business and I come from an artistic background, so it was kind of perfect."

James is just one of the many Canadian small business owners embracing additive manufacturing, or 3D printing, as a cost-effective method of bringing products to market. Additive manufacturing is a $4.1-billion industry, with a growth rate of more than 33 per cent per year, according to a 2015 report by Wohlers Associates.

"It reduces the barriers to entry for manufacturing," said Matt Compeau, co-founder of Hot Pop Factory, a Toronto studio that helps businesses design and fabricate 3D-printed products. "Previously, if you wanted to bring your product to market, you needed millions of dollars to build moulds and dyes and to get it manufactured overseas."

Compeau understands this process first-hand. In 2012, Compeau and business partner Bi-Ying Miao launched a line of 3D jewelry, printed from their living room.

"It was a really interesting idea that we could design something, manufacture it and distribute it over the Internet from our apartment with basically zero start-up capital," he said. "That was pretty revolutionary in our eyes."

Today, Hot Pop Factory works with small businesses to help launch and design new products. Its clients include: Fashion designers who create textile designs impossible to recreate by hand; industrial designers who make wearable technology and accessories; and software and hardware start-ups building consumer electronic products.

The real benefit of 3D printing, Compeau said, is being able to create a realistic prototype — an invaluable tool, particularly for start-ups launching their ideas on crowd-funding sites such as Kickstarter.

> **Previously, if you wanted to bring your product to market, you needed millions of dollars to build moulds and dyes and to get it manufactured overseas.**
> Matt Compeau, co-founder of Hot Pop Factory

"For a few hundred dollars, if you have an idea for a product, it's possible to get it prototyped and hold it in your hand," he said.

Creating an item available to more and more consumers means appealing to a wider range of retailers.

According Darren Meister, associate professor of general management (entrepreneurship and innovation) at the Ivey Business School, it will be another two to three years before the technology becomes an affordable solution for most business owners.

"It's useful in design of prototypes of relatively small one-offs, but it's not at the point for production of general commercial scale items," Meister said. "It's still better to make it through other manufacturing processes."

He added that while there are still glitches to work out — 3D printers, for example, print products with rough edges, and sturdier materials, such as metal, are still expensive — now is the time for small businesses to embrace the technology.

"Change is coming at such a rapid rate that you just can't sort of say, 'It didn't work today, it's not worth it tomorrow.' Additive printing will eventually beat the other forms of printing because it's just fundamentally better."

As the blogging world becomes more saturated, bloggers need to be creative it they want to make money. SHUTTERSTOCK

# Creating a brand and a voice

**Nancy Ripton**

You can work as much or as little as you like, do it from anywhere that has Wi-Fi access, and research only topics that interest you. On paper, blogging seems like the perfect career, but can you actually make money at it?

"The days of blogging being a business are dead," said Bridget Casey, a 29-year-old online finance guru and founder of MoneyAfterGraduation.com.

Casey started her blog in 2011 as a way to make herself accountable for paying off her student debt (which she accomplished in 22 months). After about a year, she found she had enough traffic to put up Google AdSense banner ads, and she started bringing in $25 to $50 per month.

As her traffic grew, so did her revenue, but it was hardly enough to quit her day job — at first. Casey soon branched out from banner ads and made enough money off her site to pay for her MBA and come out of her second degree debt-free.

As the blogging world becomes more and more saturated, bloggers need to be creative it they want to make money.

Brand promotion is the new banner advertisement. Brands are reaching out to bloggers, and brands and bloggers are connecting through networking. The result is long-term post campaigns, ambassadorships and sponsored posts.

"Sponsored content is what works for me," said Toronto blogger Ali Martell, 34, of alimartell.com.

She gets 10 to 15 pitches per day from companies offering to pay her money to promote their brand.

"I read every pitch and only select those that fit organically with my site," Martell said. "When the post goes live I need to be able to remove all the advertising and still feel good about the post."

In today's blogging world, most successful bloggers use their sites to create a brand, and then drive readers to another source of revenue.

Casey found that gaining a strong web presence opened the door for writing opportunities with finance media outlets and banks. She is now creating her own products (such as an e-course that teaches millennials how to invest in the stock market) and selling them on her site.

If you create a voice that readers can relate to, and give opinions that people believe, there will be countless opportunities to make money on your brand and to promote other brands. Create a blog because you love it, then seek out brands and readers who relate to and need your unique voice.

### ARE BLOGGERS LOGGING OFF?

According to the 2015 Women's Blogging Industry and Business Annual Report, most bloggers aren't as fortunate as Bridget Casey, a 29-year-old online finance guru. Full-time blogging is on the decline, with just 22 per cent of bloggers spending at least 30 hours per week on their sites. That may be because the stats for making it rich are pretty grim, with 57 per cent of bloggers making less than $2,500 per year, and just eight per cent making more than $15,000 per year.

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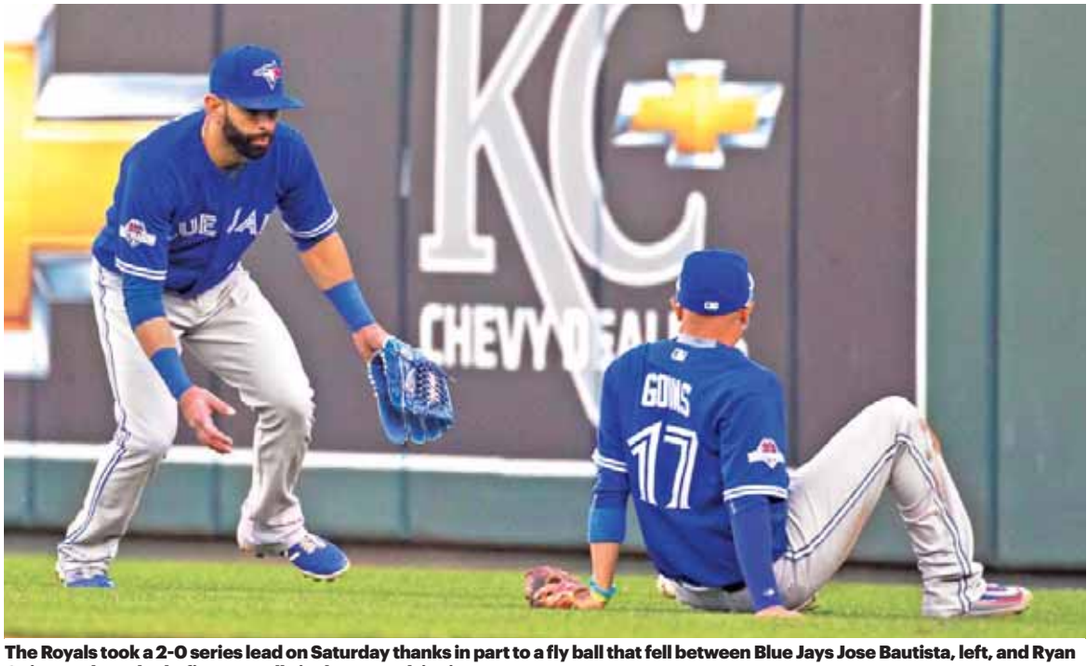

**The Royals took a 2-0 series lead on Saturday thanks in part to a fly ball that fell between Blue Jays Jose Bautista, left, and Ryan Goins, and sparked a five-run rally in the seventh inning.** RICK MADONIK/TORSTAR NEWS SERVICE

# Blue Jays eye repeat of series comeback

MLB PLAYOFFS

## Royals hold upper hand as action shifts north of border

The Toronto Blue Jays aren't letting themselves get fazed by a 2-0 deficit in a post-season series.

They dealt with one just last week.

Down 2-0 to Texas in the American League Division Series, the Blue Jays rallied to win the next three games of the best-of-five set and advance to the AL Championship Series. Now, after dropping the first two games of the best-of-seven ALCS in Kansas City this weekend, they're back in that familiar hole.

Any comeback this time will have to come against a tough Royals team that finished the regular season with an American League-best 95-67 record.

But the Blue Jays are up for that challenge.

"We've played from behind before," second baseman Ryan Goins said at a workout day at Rogers Centre on Sunday. "Playing from behind in a five-game series is different than playing from behind in a seven-game series. We have more life than we had last time. It'll be fun and I think we'll get back in this series."

"We seem to play a lot better when we're down 2-0, I think," added first baseman Chris Colabello. "You just go out and play the game. Whether or not we won or lost (Game 2 on Saturday), we're still going to go out and figure out a way to win the game."

Game 3, scheduled for Monday night at Rogers Centre, is the first of potentially three consecutive games at the Toronto stadium where the Blue Jays enjoyed a 53-28 record during the regular season.

The familiar artificial turf, the retractable roof, and of course, the loud Toronto fan base all help give the Blue Jays a true sense of home-field advantage.

"Any time we can play at home we're comfortable here," said centre-fielder Kevin Pillar. "We love the support we get, we love the enthusiasm, we love how loud it is.... We're excited. It's always nice to be home for a couple days, sleep in your own bed, have our families in town, get back into our routine of doing things we like to do when we're home."

None of that will matter if the Blue Jays' bats fail to get anything going against Kansas City ace and Game 3 starter Johnny Cueto.

Cueto, who was acquired by the Royals in a deadline trade with Cincinnati, went 4-7 with a 4.76 earned-run average through 13 regular-season starts for Kansas City. But he was dialed in for the Royals' Game 5, ALDS-clinching win over Houston last week, giving up just two runs on two hits and striking out eight over eight solid innings.

"He's one of the best in baseball," Toronto manager John Gibbons said. "They focused on him in the trade deadline as one of their prime targets and they went out and got him for these type of games. ... He's another one of those guys that can overpower you. When he's on, he's awful tough."

Toronto will counter with its own hard-throwing right-hander in Marcus Stroman. THE CANADIAN PRESS

### GAME 4 STARTERS

Royals manager Ned Yost has chosen Chris Young over Kris Medlen as his starter for Game 4 of the ALCS.

Young faced the Blue Jays once this year, a 7-5 loss on July 11.

R.A. Dickey is slated to start Game 4 for Toronto.

THE ASSOCIATED PRESS

# Stroman's six ways to beat opponents

Marcus Stroman stands out in many respects. His bleached blond, half-fro shock top helps, for sure. His vibrant personality doesn't hurt. But the Game 3 starter is also that rare pitcher who boasts a repertoire of six different pitches. Here's a closer look at Stroman's deep and varied arsenal.

**1 Sinker**
Developed only after last year's all-star break, Stroman's sinking, two-seam fastball immediately became his primary pitch, transforming him from a high-strikeout pitcher who struggled to go deep into games to the ground-ball machine he is today. His 64 per cent ground-ball rate this season — albeit in a tiny, 27-inning sample — was the highest of any American League starter. Against Texas in the ALDS he threw sinkers more than 50 per cent of the time.

**4 Changeup**
Thrown almost exclusively to left-handers, Stroman's changeup generates the second-most swings and misses of all his pitches behind his slider. But it's also the hardest hit of all his pitches. Over the last season-and-a-half, batters have an OPS of .892 against the pitch — the only pitch against which hitters have posted an OPS higher than .712. But his changeup can also generate a high number of ground balls: 54.5 per cent this year.

**2 Slider**
Stroman's slider, which he throws in the high 80s, is his primary strikeout weapon. Nearly half of his Ks this year came via the slider, which has downward-breaking movement like a curveball. When he doesn't locate his slider, however, it's the pitch opposing batters most easily square up. Opposing batters posted their highest average against him on his slider, which also allows more line drives than any of his other pitches.

**5 Cutter**
Like the changeup, Stroman primarily uses his cutter or cut-fastball against left-handed hitters, riding it in on their hands. But he has to be careful with the pitch, against which opposing batters hit .319 last season, as he has a tendency to "groove" it over the middle of the plate more than any pitch other than his four-seam fastball.

**3 Curveball**
Stroman can get strikeouts with his curveball, too, but it generates fewer swings and misses compared to the slider. It is, however, almost as much of a worm killer as his sinker. Opposing batters almost never put the pitch in the air, constantly rolling over on it for ground balls. He hasn't given up a hit with the pitch this season.

**6 Four-seam fastball**
Prior to developing his sinker, the four-seam fastball was Stroman's primary pitch, as it is for most pitchers. Stroman threw just three four-seamers in Game 5 against the Rangers, but they all landed for hits and one left the ballpark.

TORSTAR NEWS SERVICE
PHOTOS: STEVE RUSSELL/ TORSTAR NEWS SERVICE

Winnipeg's Dustin Byfuglien (33) scrums with St. Louis' Scottie Upshall and Jay Bouwmeester. TREVOR HAGAN/THE CANADIAN PRESS

NHL

## Red-hot Blues beat Jets, move to 5-1-0

Vladimir Tarasenko scored twice as the St. Louis Blues downed the Winnipeg Jets 4-2 on Sunday afternoon.

Tarasenko's second goal of the game — and fifth of the season — proved to be the winner as the dynamic forward fired a shot past Jets goaltender Ondrej Pavelec and into the corner of the net on a delayed penalty late in the third period.

Scottie Upshall and Carl Gunnarsson also scored for the Blues (5-1-0), who extended their winning streak to four games.

Nikolaj Ehlers and Mathieu Perreault had goals for the Jets (4-2-0).

Brian Elliott made 26 saves for his fourth win of the year.

Pavelec turned aside 37 shots, picking up his second loss.

THE CANADIAN PRESS

### IN BRIEF

**Aussies nip Scotland at Rugby World Cup**

Bernard Foley kicked a last-minute penalty goal to rescue Australia's Rugby World Cup campaign with a 35-34 win over a plucky Scotland on Sunday in London, and knock out the last northern hemisphere team.

The Australians trailed 16-15 at halftime despite scoring three tries to one, and crossed for two more tries to lead 32-24 with 15 minutes to play.

THE ASSOCIATED PRESS

**Logano sends Kenseth spinning, wins Chase race**

Joey Logano kept peeking around Matt Kenseth as the laps ticked away at Kansas Speedway — the two of them in entirely different situations in the Chase for the Sprint Cup championship.

Logano had nothing to lose. Kenseth had just about everything.

So when Logano got under Kenseth entering Turn 1 with about five laps remaining, and sent him spinning across the track, it left many eyebrows raised long after the Penske Racing driver pulled away on the final restart to win his second straight Chase race.

"That's good, hard racing," Logano said. "We were racing each other really hard ... He raced me hard so I raced him back."

THE ASSOCIATED PRESS

# Broncos still perfect but Manning shaky

NFL

## Legendary QB fires three picks, but still beats Browns

Peyton Manning fires a pass against Cleveland. ANDREW WEBER/GETTY IMAGES

Again far from perfect, Peyton Manning still kept Denver's record pristine.

Manning shook off three interceptions, including one early in overtime, and drove Denver's offence in range for Brandon McManus to kick a 34-yard field goal with 4:56 left, giving the unbeaten Broncos a 26-23 win over the Cleveland Browns on Sunday.

Manning took the Broncos from their 12 to the Cleveland 16 before McManus kicked his game-winner to make Denver 6-0 for the seventh time in franchise history.

"We're not playing as well as we would like but we're playing well enough to win," Manning said. "We're doing some things right at critical times whether it's the last drive of the game or in overtime."

Denver's win would not have been possible without the Broncos' top-ranked defence, which came up huge in overtime and has carried the team — and the 39-year-old Manning — during the club's unblemished start.

After Manning's third pick, Denver recorded a tackle behind the line of scrimmage and then had two consecutive sacks of Josh McCown to push the Browns (2-4) out of field-goal range.

"Obviously that's not a good situation to put the defence in, but they got a couple of sacks and gave us a chance," said Manning, who has seven TD passes and 10 interceptions this season. "I'm not having a ton of breaks. I won't be going to Vegas for my bye week. I'm not feeling really lucky."

But Denver's defence bailed him out, and given another chance in overtime, Manning took over. He completed 4 of 4 passes for 39 yards on the last drive. Manning finished 26 of 48 for 290 yards and the one TD, a 75-yarder to Emmanuel Sanders. The score came just seconds after the Browns had taken their only lead on Karlos Dansby's 35-yard interception return for a TD.

It was yet another heartbreaker for Cleveland, which had one of the NFL's best teams on the ropes late in regulation before McCown threw a critical interception.

McCown, who passed for a franchise-record 457 yards last week, went 20 of 39 for 213 yards with two touchdowns to tight end Gary Barnidge. But his second pick with 44 seconds left in regulation cost the Browns as they were driving for a potential game-winning field goal.

On second down at the Denver 46, McCown rolled from pressure before forcing a throw across the field that was picked off by Denver's David Bruton Jr.

"It was obviously just not good," McCown said. "You have to get something going there. That hurt us because the defence played lights-out today."

THE ASSOCIATED PRESS

### AROUND THE NFL SUNDAY

Saints 31, Falcons 21
Bengals 34, Bills 21
Broncos 26, Browns 23
Lions 37, Bears 34
Texans 31, Jaguars 20
Vikings 16, Chiefs 10
Jets 34, Redskins 20
Steelers 25, Cardinals 13
Dolphins 38, Titans 10
Panthers 27, Seahawks 23
Packers 27, Chargers 20
49ers 25, Ravens 20
Patriots at Colts
**Monday:** Giants at Eagles

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## RECIPE Lentil Chili

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

You won't miss the meat in this earthy, zesty vegetarian dinner.

**Ready in**
Prep time: 25 minutes
**Serves 4**

**Ingredients**
- 2 Tbsp olive oil
- 1 onion, chopped
- 4 garlic cloves, minced
- 2 Tbsp chili powder
- 1 tsp cumin
- 1/2 cup brown lentils
- 2 bay leaves
- 2 cups water
- 1 x 19-oz can of white navy beans
- 1 x 19-oz can black beans
- 1 x 28-oz can of whole tomatoes
- 1 cup vegetable broth
- Salt and pepper to taste

Toppings: grated cheddar cheese, chopped cilantro, salsa, sour cream or Greek yogurt.

**Directions**

**1.** In large pot or Dutch oven, warm up the oil over medium heat. Sauté onions and garlic about 3 minutes. Now add spices and allow them to cook for a minute or two.

**2.** Add lentils, bay leaves and water. Bring to a gentle boil and simmer for 5 minutes. Now add the beans, tomatoes and broth. Simmer for 20 minutes. Check it for seasoning — you might want to add a little salt and pepper.

**3.** Serve the chili over rice or cornbread and top with grated cheese, sour cream or Greek yogurt, salsa or cilantro.

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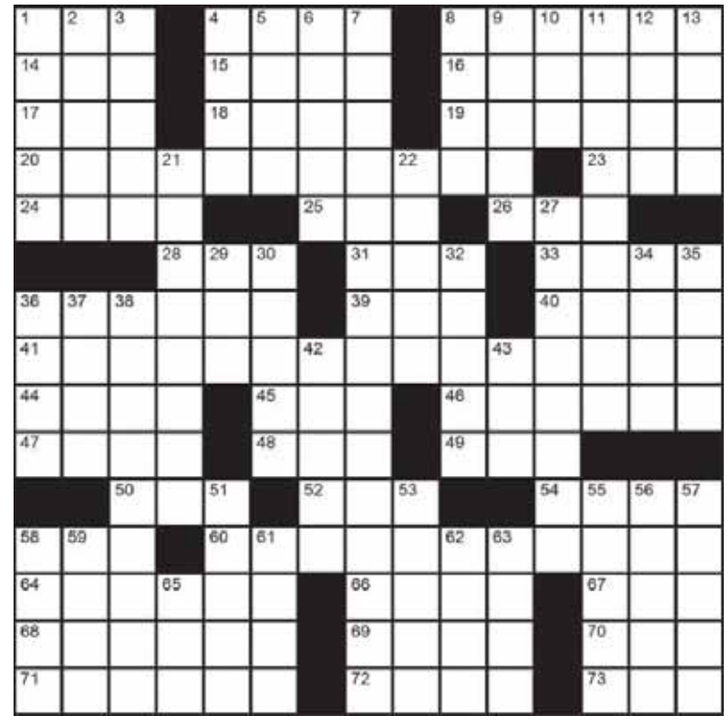
## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Pertinent
4. Marx Brothers musical instrument
8. Billy __ (Canadian flying ace of WWI)
14. Pasturelands cry
15. 'Thought'-meaning prefix
16. Bay windows
17. Naja Haje
18. Sports org. in which FC Edmonton is a team
19. Cavalry swords
20. Voting Day 2015... Number of federal electoral districts in Canada, Three hundred and __-__
23. Foldaway bed
24. Simplicity
25. Sports org. for Eugenie Bouchard
26. Outback bird
28. New York sports arena [acronym]
31. The thing's
33. Too
36. Unkeyed, in music
39. Living leather's locale
40. Mineralogist's field, for short
41. It's provided in times of disaster or war: 2 wds.
44. Paradise
45. Keyboard erase button
46. Fragrances
47. Get gooey
48. Finish
49. Elevs.
50. Form of foreknowledge, for short
52. Vivacity
54. Family suffix in zoology
58. Magician's prop
60. Those in the same line of work as Big Joe Mufferaw
64. Crowd scene performers in movies
66. Grey __ (Unclear situation)
67. Edmonton transport service [acronym]
68. Defraud
69. Connected
70. Losing tic-tac-toe line
71. Trying-the-product person
72. French pronoun
73. Traveller's accommodation

**DOWN**
1. Taper off
2. "Doctor Zhivago" (1965) character
3. Carpet: French
4. Answer-needer's aid
5. "_ __ in the Life" by The Beatles
6. Fix the stitchwork
7. Voting Day 2015... One-of-some the party leaders faced off in during the time leading up to today's election: 2 wds.
8. Nonsense
9. Mad
10. Sis or bro
11. Powerful
12. Margarine
13. Head-turner in the library
21. Those things which are remaining
22. Amphibious reptile, e.g.
27. Milk of __ (Pharmacy item)
29. __ Diego
30. Soar
32. Basketball-in-basket sound
34. And __ __ goes (Thusly)
35. Alberta town
36. Cough, cough...
37. Sassiness, in slang
38. __ and stews (Foods cooked in "California" by Joni Mitchell)
42. Hr. not too far from midnight: 2 wds.
43. Perform
51. Locale
53. Riskiness
55. Nero's 661
56. Goodyear headquarters in Ohio
57. Town in western Saskatchewan
58. Bulk
59. Car part
61. __-friendly
62. Whirl
63. BC-mined stone
65. Soak flax

## IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
Good fortune will come your way this week and don't let anyone tell you that you do not deserve it. On the work front you will see openings and opportunities before your rivals.

**Taurus** April 21 - May 21
You must watch what you say today. Not everyone is as good at taking criticism as you are at dishing it out, and if you upset the wrong person it could be you who suffers.

**Gemini** May 22 - June 21
You expect perfection, of yourself and others, but the planets are urging you to be less demanding. You don't have to push yourself to your limits and beyond. Others would like you to be more laid-back, too!

**Cancer** June 22 - July 23
You can now start to give form to a dream that you have been carrying round in the back of your brain for many years. It might be outrageous but it's what you want to do.

**Leo** July 24 - Aug. 23
You need to get serious about a long-term ambition. There is every reason to believe that some kind of breakthrough is imminent, but don't just sit there and wait for good things to land in your lap.

**Virgo** Aug. 24 - Sept. 23
If there is something you have wanted to do for years but never quite got around to, now is the time to get your act together and show the world what you are capable of.

**Libra** Sept. 24 - Oct. 23
If you trust your instincts and follow your hunches over the next few days you can and you will accomplish great things. Anything of a creative nature is especially well starred.

**Scorpio** Oct. 24 - Nov. 22
No matter how difficult recent weeks have been what happens today and tomorrow will surely convince you that a corner has been turned and the good times will soon be back.

**Sagittarius** Nov. 23 - Dec. 21
Get rid of all feelings of regret and remorse. There are some things you did that you now wish you had not, and there are some things you did not do that you now wish you had, but so what? Live for the moment.

**Capricorn** Dec. 22 - Jan. 20
What goes right over the next few days will more than outweigh what goes wrong. You seem to have a knack for knowing who the winners will be.

**Aquarius** Jan. 21 - Feb. 19
What is it that you really want? The message of the stars today is that you will never be truly happy unless you do your own thing, but first you must be clear in your mind exactly what that is. Think then act.

**Pisces** Feb. 20 - March 20
You will be swamped with offers over the next few days and you may have a hard time deciding which ones to accept and which ones to reject. Ask a trusted friend or family member.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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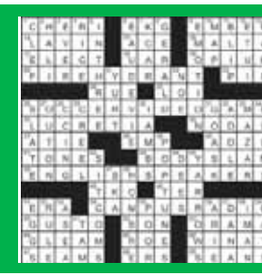

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| 7 | 2 | 9 | 8 | 4 | 1 | 3 | 6 | 5 |
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